



CITY OF BRIDGEPORT SENIOR CENTERS NEWSLETTER

307 Golden Hill Street
BRIDGEPORT, CONNECTICUT 06604

JANUARY 2014

TELEPHONE 203-576-7993

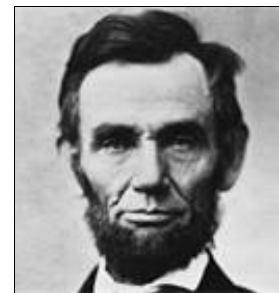
February 1



February 2



**February 12
Lincoln's Birthday**

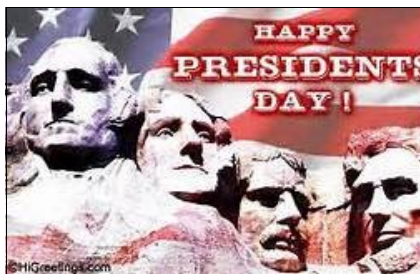


**February 17
President's Day
Our Senior Centers will be Closed**

February 14



February 17



**FEBRUARY 22
WASHINGTON'S**



Department of Aging Mission Statement

To make certain that all Bridgeport Seniors will be able to reach their full potential by providing opportunities for socialization, information, referral and by assuring that they can utilize available nutrition, social services, health, swim aerobics, and transportation programs.



**The Hairdresser will be
at the Eisenhower Senior
Center on Wed.,
Feb 5, 2014 at
9:30 a.m.
Donation: \$10.00
Get ready for the
holidays**

**For all our
Seniors**



February Birthdays

**Wishing our Seniors
born in February a
very
Happy Birthday!**



City of Bridgeport Senior Center Directory

Eisenhower Senior Center

307 Golden Hill St.
Bridgeport, CT 06604
Phone: (203) 576-7993
Fax: (203) 576-7521

Black Rock Senior Center

2676 Fairfield Ave.
Bridgeport, CT 06605
Phone: (203) 576-7258

East Side Senior Center

1057 East Main St.
Bridgeport, CT 06608
Phone: (203) 576-7212

North End Bethany Senior Center

20 Thorne St.
Bridgeport, CT 06606
Phone: (203) 576-7730

Staff	Extension
Executive Director Rosemarie Hoyt	7989
Operations Specialist Ryan Balis	7955
Social Services Rosemary Wong	7992
Program Coordinator Marion Lecardo	7994

Senior Center Coordinators	
Bonnie Bolta	7258
Carrie Taylor	7730

Senior Center Project Coordinator	
Martha Santiago	7212

DID YOU KNOW?

1. Do you know the names of the three wise monkeys? They are: **Mizaru** (See no evil), **Mikazaru** (Kikazaru – Hear no evil), and **Mazaru** (Iwazaru – Speak no evil). The fourth wise monkey is called **Shizaru** (Do no evil).
2. World's first travel agencies: [Cox & Kings](#), founded in 1758, and Thomas Cook, founded in 1860.
3. There are more TV sets in the US than there are people in the UK.
4. Before the year 1000, the word “she” did not exist in the English language. The singular female reference was the word “heo”, which also was the plural of all genders. The word “she” appeared only in the 12th century, about 400 years after English began to take form. “She” probably derived from the [Old English](#) feminine “seo”, the Viking word for feminine reference.
5. For 3000 years, until 1883, hemp was the world's largest agricultural crop, from which the majority of fabric, soap, paper, medicines, and oils were produced.
6. George Washington and Thomas Jefferson both grew hemp. Ben Franklin owned a mill that made hemp paper. The US Declaration of Independence was written on hemp paper.
7. The sentence “The quick brown fox jumps over the lazy dog” uses every letter of the alphabet.
8. The US nickname Uncle Sam was derived from Uncle Sam Wilson, a meat inspector in Troy, New York.
9. The electric chair was invented by a dentist.
10. The first decimal system was introduced in the 4th Century BC by the Sumerians of Mesopotamia, to whom the invention of writing is credited. They based their numerical system on powers of 60 subdivided into multiples of 10. It was from this system that Sumero-Babylonians developed the time system that we use today: each hour is divided into 60 minutes, which are divided into 60 seconds. However, they did not have a symbol for zero, which was introduced by Arabians only toward the end of the first millennium BC. It is thought that the zero could have been devised by Indian Hindu mathematicians because the concept of nothing was important in their early religion and philosophy.



Dwight D. Eisenhower Senior Center Weekly Schedule

Monday

Daily Ceramics
Wii Practice Daily
Swim/Exercise
8:30 - 11:30 a.m.
Bingo
1:30 p.m. - 2:30 p.m.

Tuesday

Daily Ceramics
Wii Practice Daily
Swim/Exercise
8:30 - 11:30 a.m.
Tai Chi
11:00 a.m.—11:45 a.m.,
Zumba & Jazzercise
1:00 p.m. - 2:00 p.m.

Wednesday

Daily Ceramics
Wii Practice Daily
Swim/Exercise
8:30 - 11:30 a.m.
Arts & Craft
10:30 a.m. - 11:30 a.m.

Thursday

Daily Ceramics
Wii Practice Daily
Swim/Exercise
8:30 - 11:30 a.m.
Tai Chi
12:30 p.m.—1:15 p.m.
Aerobics, Ballroom Dancing, & Cardio
11:00 a.m. - 12 noon

Friday

Daily Ceramics
Wii Practice Daily
Swim/Exercise
8:30 - 11:30 a.m.
Line Dancing
11:00 a.m. - 12 noon
Bingo
1:30 p.m. - 2:30 p.m.

**EISENHOWER SENIOR CENTER
307 GOLDEN HILL STREET
BRIDGEPORT, CT 06604
203-576-7993**

Rosemarie Hoyt, Executive Director

**Open daily from 8:30 a.m. – 4:30 p.m.
Nutritious Lunch offered Monday through Friday,
call for reservations at (203) 335-6175.**

Also available: Computer Room, Information, Referrals, and Social Services.

EVENTS

Feb. 18—Greek Church Party
Time: 12:00

Feb. 27—Heritage Harlem Day Trip
Cost: \$100.00



GRANDPARENTS GROUP



To become a member/
information call Sheila at
203-707-4873

Red Hat Gathering



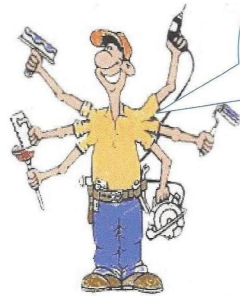
Call Sheila at:
203-707-4873





The City of Bridgeport Social Services Department

Senior Chore Service Program



We provide the handyman-you provide the materials.

Attention Bridgeport Senior Citizens

Need help around the house?

Bridgeport social services have teamed up with the Southwest Connecticut Agency on Aging (SWCAA) to create a program that can assist you with some household chores:

- Simple home repairs
- Removing or installing storm widow
- Fix leaky faucets and toilets
- Installing smoke detectors or replace battery
- Replace broken locks
- Hang pictures/shelves

➤ For information, please contact Rochelle Kovachi (203) 576-7147



The City of Bridgeport Social Services Department

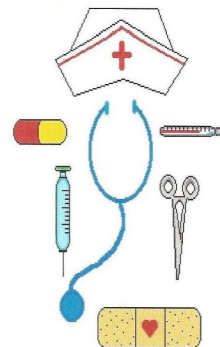
Nurse Visit

Date: Monday 02/24/14

Time: 1:00pm- 2:00pm

Eisenhower Senior Center

307 Golden Hill Street

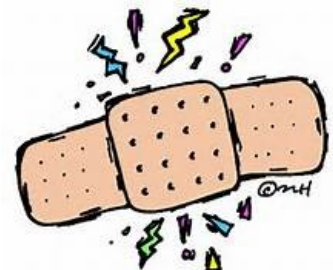


➤ There will be a **Health Education Session** providing informational Pamphlets!

➤ We will be having Nurse Annette to come and check us out!

➤ If you have any concerns you would like to discuss please be here!

Contact Information: Rose Hoyt
(203) 576-7993



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NORTH END BETHANY SENIOR CENTER
20 Thorne Street
Bridgeport, CT 06606
Tel. 203-576-7730
Carrie Taylor, Coordinator

Daily Nutrition Program, call for registration.



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Chat Session 9:00-10:30 Wii Practice 10:30-12:00 Lunch Bingo 1:00-3:00	Chat Session 9:00-10:30 Exercise Class 10:00-10:30 Craft Classes 10:30-12:00 Lunch	Billiards Lunch Pokeno 1:00-3:00	Chat Session 9:00-10:30 Wii Practice 9:30-10:30 Lunch Pokeno 1:00-3:00	Pinochle 9:30-12:00 Lunch Bingo 1:00-3:00

100 YEARS Christine Deluca Correnti



Christine's parents, Joseph DeLuca and Marieita DiPolito were both born in the Abruzzi region of, Italy they both immigrated to the U.S. where they married. Christine is the 2nd of 4 daughters and was born on Feb. 5, 1914 at 316 Center St in Bridgeport CT. Her sister Beatrice died when she was very young and her parents were divorced soon after. Her mother took the oldest daughter Viola to live in New York and Christine never saw her mother again. Joseph was left with the 2 little girls, Christine and her younger sister Mae. Chris, being the oldest was boarded with her Aunt Catherine, Joseph's sister. Mae was taken in by Joseph's Mother Beatrice. Christine had a very hard and unhappy childhood. She would run away to her grandmother, only to be brought back to her Aunt each time. During that period, she attended Webster school.

When she was in her 20's she met Orlando Correnti and fell in love. They married on Nov 17, 1938 and soon started a family. She raised her 3 children (Ron, Jim and Pat) with love and devotion while cooking many of the recipes that her Grandmother taught her. She was close to her sister Mae and both families spent most holidays together. They were both great cooks and made wonderful

feasts with the recipes they learned from their grandmother.

Christine was a stay at home Mom, never having worked before her marriage. When she reached her late forty's, unbeknown to her family, she went out one day and obtained a part time job in Margaret's Costume shop on State St., in Bridgeport. She either took the bus or walked to and from work each day. When the dress shop went out of business, she applied and obtained a Job in the Bridgeport School system and worked in the cafeteria full time. Soon she was transferred to Federal Street Nutrition center and eventually became the head cook. She made many of her Grandmothers recipes for the employees and the cafeteria was always crowded. Everyone called her Mom and she loved it. When she was 54 she took driving lessons and received her license. One day she took her two oldest granddaughters to the Trumbull shopping center for the first and last time. As the girls tell it, "Nini (as she is lovingly called by all her grandchildren) wouldn't let us move in the car because they were shaking it and she might crash".

Christine eventually spent 30 years with the city and when her husband, Orlando had to go into a nursing home, she retired so she could visit with him every day. She was 86 years old at that time. She did that for 2 ½ years, until her loving husband passed on.

Her longevity is due to her home cooked meals, not to mention her never ending positive attitude. She never complains and is willing to go with the flow. She is always ready to go to the Casino. Ninny has 3 children, 8 grandchildren, 4 step grandchildren, 10 great grandchildren and 2 great, great grandchildren. Christine still lives independently, in a condo with help from her family and her aid Carmon.

Besides enjoying all her grandchildren, she loves to go to the casino with her daughter-in-law Margie and Margie's friend Ireane & her mother.

BLACK ROCK SENIOR CENTER

2676 Fairfield Avenue
Bridgeport, CT 06605
Tel. 203-576-7258
Bonnie Roach, Coordinator

Open Daily 9:00 a.m.-4:00 p.m.

Daily Nutrition Lunch Program, call Gloria for registration at 203-579-1323.

Blood Pressure Screening, last Thursday of the month from 10 a.m. to 12 p.m.



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Wii Practice And Line Dancing with Gloria 10:00-12:00 Lunch	Wii Practice 10:30 Zumba 11:15 \$1.00 per person 10:30-12:00 Lunch Movie Matinee 12:30-2:30	Wii Practice 10:00-12:00 Lunch Bingo 12:30-3:00	Zumba \$1.00 per person 10:30-11:15 Lunch Shopping trips Rotated Big Y, Wal-Mart, Stew Leonard's, Christmas Tree 1:00 p.m.	Crafts 10:30-11:30 Lunch Card Games

EAST SIDE SENIOR CENTER
1057 EAST MAIN STREET (Corner of Arctic St.)
Bridgeport, CT 06608
(203) 576-7212
MARTHA SANTIAGO, PROJECT COORDINATOR

Open Daily 9:00 a.m.-4:00 p.m.
Daily Nutrition Program, call for registration.
Daily activities are Dominos, Billiards, Needlecraft and Television

Blood Pressure Screening every Wednesday 9a.m.-11:00 a.m.

Yoga every Wednesday 10:30 a.m.-11:30 a.m.



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Dominos Billiards Television Needle craft Lunch	Dominos Billiards Television Needle craft Lunch	Yoga 10:30-11:30 Dominos Billiards Television Needle craft Lunch	Dominos Billiards Television Needle craft Lunch	Dominos Billiards Television Needle craft Lunch



City of Bridgeport Social Services Department



Offers the Following Services to Seniors:

Elderly Health Screening

A nurse is available to provide blood pressure and blood sugar screenings and make referrals. A health and wellness educator is available to provide information on a variety of topics pertaining to healthy living.

For more information on this program please call (203)576-7471 or (203)576-7299 or email at

Iris.Molina@bridgeportct.gov

Elderly Hispanic

The Elderly Hispanic Program will provide services to low-income, elderly Hispanics throughout the City of Bridgeport. The City will provide information and assist with applications for Medicare, Medicaid, QMB, HMO, Medigap and any grievances with their insurance. To reduce barriers to accessing service, language translation is provided to those seniors whose first language is Spanish. All clients who are assisted will receive Case Management services. The Elderly Hispanic Program will help with referrals and assist in making the proper phone calls to help the seniors communicate their needs. Follow-up and reassessment of each client will be completed to assure services were received. For more information on this program please call: (203)576-7416 or (203)576-7471

Chore

This program will assist elderly seniors who are experiencing difficulties with such activities as housework, yard work and minor home repairs. This service will help elderly seniors make minor repairs to their homes either to restore them to their original condition, or to make them safe by removing health hazards. Participants of the CHORE Program will be eligible to receive renovations designed to provide improvements that will enable participants suffering from chronic disabling conditions to remain in their own homes safely and securely. Please check eligibility for chore services by contacting: Rochelle Kovachi (203) 576-7147 or email rochelle.kovachi@bridgeportct.gov

Tai Chi

The Tai Chi Program will offer certified classes that will help our seniors improve balance, relieve stress, protect their immune system and develop their strength and flexibility resulting in more seniors able to live at home and be self-sufficient. By promoting physical activity and mental well-being to our older adults we will increase their quality of life and promote better health and wellness practices at these centers.

Dates: October 8, 2013 –January 20, 2014, Tuesdays and Thursdays at 9:30am—10:15am.

Location: Blackrock Senior Center: 2676 Fairfield Ave, Bridgeport CT 06608. Please contact: Bonnie Roach (203)576-7258

Dates: October 7, 2013—January 20, 2014, Mondays and Wednesdays at 9:30am—10:15am.

Location: East Side Senior Center: 1057 East Main Street, Bridgeport CT 06608 Please contact: Martha Santiago (203) 576-7212